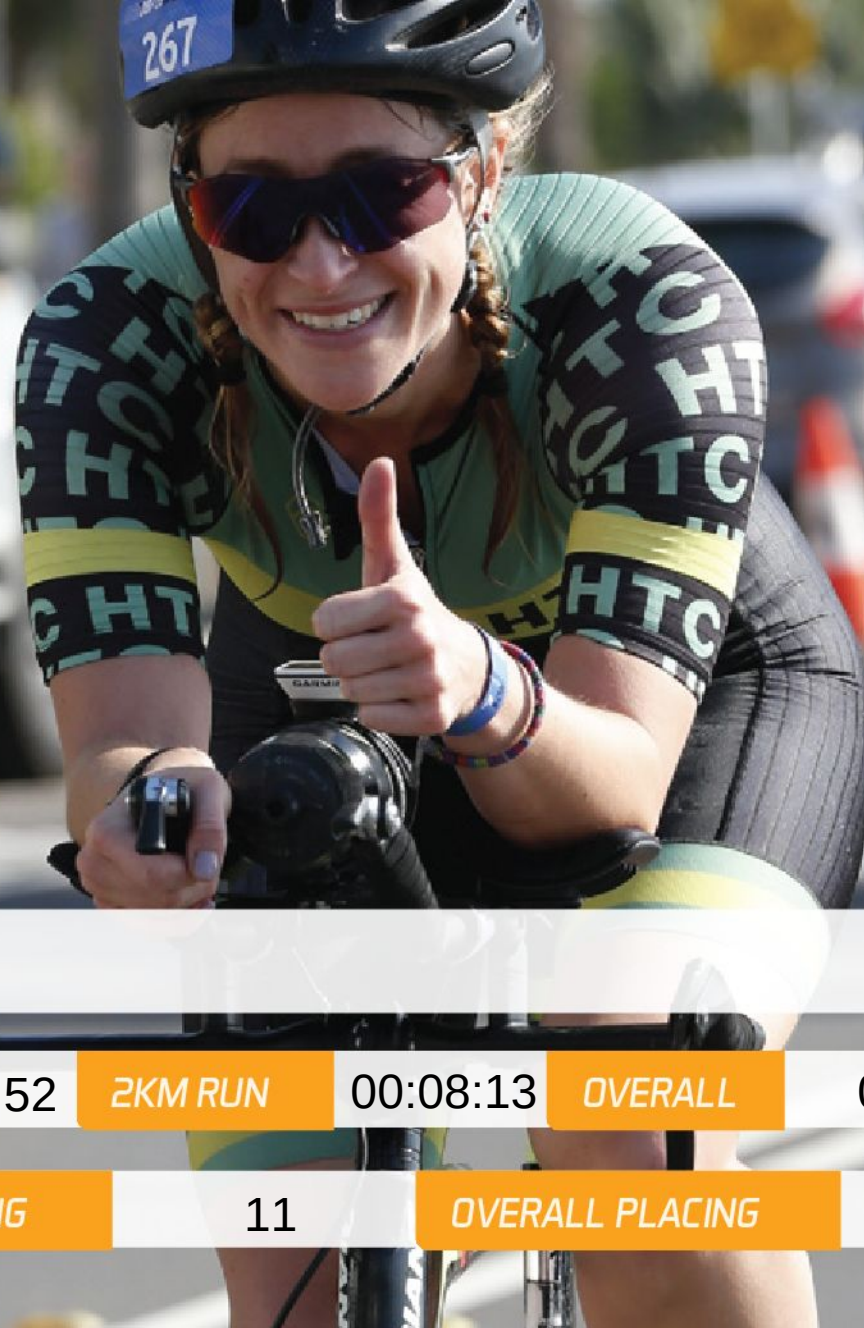




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Gavin NUGENT

200M SWIM

00:09:18

10KM BIKE

00:22:52

2KM RUN

00:08:13

OVERALL

00:47:33

CATEGORY

20-29

CATEGORY PLACING

11

OVERALL PLACING

56

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PB Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto
sustainable

catfish